Can Someone Be Born Again While Living in Anger?

Can a person truly be born again if he does not guard himself and feed on the sources of the world, such as inappropriate content and images commonly found on the internet and television screens, which arouse sinful desires, contrary to the biblical exhortation in Proverbs 4:23: "Keep your heart with all vigilance, for from it flow the springs of life"?

 Answer: Yes — Explanation: If you answered "Yes," it is a sign that you have not fully understood the purpose of God's grace. Grace is not an excuse to live in sin, but a call to a new, clean, and holy life. Salvation is not just legal forgiveness, but a profound work of transformation of the heart and mind.

Being born again brings with it a radical change in perspective and desires. If someone has made a covenant with the Lord and continues to live constantly in the pleasures of the world—such as consuming immoral content, entertainment that stirs up lust, or spending time in front of screens with things that defile the soul—this is evidence that the new birth has not taken place.

Scripture says, “I will not set before my eyes anything that is worthless” (Psalm 101:3). “Turn my eyes from looking at worthless things” (Psalm 119:37). “Do not love the world or the things in the world” (1 John 2:15).

The born-again man no longer feeds on the counsel of the wicked, but finds his delight in the law of the Lord. As Psalm 1 says: "Blessed is the man who does not walk in the counsel of the wicked, nor stand in the way of sinners, nor sit in the seat of scoffers; but his delight is in the law of the Lord, and on His law he meditates day and night."

The counsel of the wicked is not limited to immoral company, but also includes ideological, cultural, and political influences that promote dishonesty, pride, hatred, and compromise. To walk in these ways is to allow your mind and heart to be shaped by values contrary to the Kingdom of God. Let us imagine for a moment that our Teacher, the Lord Jesus, had fed on the same things we feed on—superficial content, empty images, worldly ideologies, or political discourse. Would He have gotten involved in the politics of this age, in the power games, compromises, and manipulations that characterize it? Would He have done that? Would He have looked at what defiles the soul? The answer is obvious: no.

He lived in purity, obedience, and communion with the Father. Therefore, the disciple who truly desires to be like his Master has renounced feeding himself from sources

that contradict the character of Christ.

The disciple of Christ is called to live as his Teacher lived: to guard his heart and eyes, to avoid vain things, and to walk in the light. He does not conform to the pattern of this age, but allows himself to be transformed by the renewal of his mind, seeking to have a pure heart, like Christ, and a life filled with the fruit of the Spirit. Answer: No — Explanation: The answer "No" shows a correct understanding of salvation. God's grace is not a permission to continue in sin, but it is the power that enables us to live a holy life. True faith is seen in the fruits of a transformed life that rejects what defiles and seeks what edifies.

The Internet can be a useful tool, but when it becomes a constant source of temptation—through images, words, or ideas that stir up the flesh—it becomes an obstacle to holiness.

A born-again person will understand that the eyes are the gateway to the heart, and what enters through them influences thinking, desires, and behavior. Therefore, he will take concrete steps to guard his heart, in obedience to the exhortation in Proverbs 4:23: "Keep your heart with all vigilance, for from it flow the springs of life." He will make firm decisions, such as the one expressed in Psalm 101:3: "I will not set before my eyes anything that is worthless."

This attitude translates into practical actions, such as:

• Avoiding sources of sinful influence, such as movies, videos, or websites that promote immorality, as well as toxic content—political debates or news.

• Setting clear limits on time spent online and choosing the content consumed.

• Replacing worldly sources with sources that build faith.

• Seeking fellowship with other believers who can offer support, accountability, and encouragement in the fight for purity.

These decisions are not legalism, but the expression of a regenerated heart that desires to live in purity and be pleasing to the Lord. A true disciple does not play with sin, but watches, guards himself, and seeks to be transformed day by day into the likeness of Christ.

An authentic disciple of Christ will not take visual sin or the subtle influences of the world lightly. He will strive to keep his heart pure, knowing that holiness is the living proof of a real new birth and that the eyes must be enlightened by truth, not defiled by darkness.

But this guarding is not only a personal responsibility, but also a communal one. The elders of the assembly have a duty to watch over souls (Hebrews 13:17) and to implement concrete measures to protect the flock, including with regard to the use of the internet. Where there is no watchfulness, there is no Christ.

This post is an excerpt from the booklet "Are You Truly Born Again? – Biblical Questionnaire", which you can read in full, free of charge. More studies and resources for spiritual awakening are available at https://www.unmodifiedword.com.